

# **Kingsport Senior Center News**

**October 2013**

**Volume XXI Edition 10**

**1200 East Center Street**

**Kingsport, Tennessee 37660**

## **FALL HOE DOWN**

**To benefit the "Up Your Alley" Wii Bowlers  
trip to Dallas!!!**

Join us for food, dancing  
and music by Jim Lane and  
Band. This is a benefit  
dance for our "Up Your  
Alley" Wii bowling team  
who has been invited to  
participate in a tournament  
in Dallas , TX. Last year we  
finished 1st in the  
conference, 1st in the state,  
and 7th in the nation!

**Pay at the door!**

**Friday, October 11, 2013**  
**Gym**

**7:00pm-10:00pm**

**Cost: \$10.00** plus all additional  
donations accepted



# Center News

### Open Door Policy

The Kingsport Senior Center has an open-door policy and the staff is always willing to accept suggestions, comments, and questions from members.

### Kingsport Senior Center Refund Policy

The Senior Center staff is not authorized to give refunds. When a refund is required for any reason, the request is first made at the Senior Center, turned in to the Finance Department and checks are issued. Please allow at least three weeks for processing. A receipt must accompany the request for a refund.

**The Kingsport Senior Center is located at 1200 E. Center Street at the Renaissance Center. For more information call the Center at (423) 392-8400 <http://seniors.kingsporttn.gov>**

### Center Hours

**Monday thru Friday 8:00am ~ 7:00pm  
Saturday 9:00am ~ Noon**

**Lynn View Senior Center Branch Site  
257 Walker Street  
Kingsport, TN 37665  
(423) 765-9047**

**Hours: 9am to 2pm ~ Monday ~ Friday  
(See Branch Site Page for more information)**

**\*The Exercise Room and Computer Lab will close  
15 minutes prior to the closing of the Center.**

**Membership Dues  
For Fiscal Year  
July 1, 2013-June 30, 2014**

\$15 ~ Kingsport Residents  
\$35 ~ Sullivan County Residents  
\$60 ~ Out-of-County Residents

**Must be at least 50 years of age to join.**

**"The Fun Begins at 50!"**

### Kingsport Senior Center Staff

Director ~ Shirley Buchanan  
shirleybuchanan@kingsporttn.gov  
392-8403

Branch Coordinator ~ Cindy Price  
cindyprice@kingsporttn.gov  
392-8402

Program Leader ~ Michelle Tolbert  
michelletolbert@kingsporttn.gov  
392-8404

Wellness Coordinator ~ Kevin Lytle  
kevinlytle@kingsporttn.gov  
392-8407

Program Leader ~ Marlana Williams  
marlanawilliams@kingsporttn.gov  
392-8405

Secretary ~ Marsha Mullins  
marshamullins@kingsporttn.gov  
392-8400, **FAX** (423) 224-2488

Program Assistant ~ Jane Whitson  
janewhitson@kingsporttn.gov  
392-8406

Program Assistant ~ Amber Quillen  
amberquillen@kingsporttn.gov  
343-9713

Nutrition Site Manager ~ Sona Bingham  
246-8060

# WELLNESS

## Living Well with Arthritis

Milligan College Occupational Therapy Graduate Students will be at the Center on **Tuesday, October 1, 2013** from 10:00 am to 11:00 am in the Card Room. Topic of discussion will be “Living Well with Arthritis”:

Occupational therapy students will suggest a variety of strategies and how to live independently while avoiding stress to the joints. What can an occupational therapist do?

- **Evaluate** the client’s functioning in daily life suggest changes and modifications that will make arthritis easier to live with.
- **Advise** which activities should be avoided and what exercises can relieve the pain of arthritis.
- **Recommend** and design adaptive equipment or assistive devices to help the client function better in daily activities.
- **Recommend** prefabricated splints and design custom splints to rest or support limbs.
- **Determine** the psychological effects of arthritis, such as an emotional stress resulting from lack of sleep because of pain, disfigurement, or an inability to complete certain meaningful tasks. Occupational therapists can recommend coping strategies to combat emotional effect.

This is an event you will not want to miss, so mark your calendar and plan to attend!

## Medicare Open Enrollment

Megan Richardson, Pharm.D., Pharmacy Manager with Walgreens will be at the Center on **Tuesday, October 8, 2013** at 12:30 pm in the Card Room. Topic of discussion will be “Medicare Enrollment”: This seminar will discuss Medicare open enrollment and help you determine whether or not your current Medicare coverage is working for you. Also she will discuss if you are enrolled in Medicare Advantage plan or Part D prescription drug plan, and you feel that you may receive adequate or better health care at the same or a lower premium by switching your plan. The next Medicare open enrollment period will be from October 15th through December 7th, 2013. Changes will take effect on January 1st, 2014.

## Unlocking the Powers of Your Brain

Dr. Christina Christiansen, Chiropractic Physician, will be at the Center on **Tuesday, October 15, 2013** at 10:30 am in the Card Room. Topic of discussion will be “Unlocking the Powers of Your Brain”. What if you could have better focus, attention, and memory? Want to change your thought patterns and behaviors to rid yourself of bad habits, destructive thoughts, or change emotionless reactions? Did you know that your brain controls your anxiety, emotional stability and your heart rate! Learn how we can unlock our mind to change the nature of these reactions without the use of medication. Please join Dr. Christina Christiansen for an informal educational experience into the powers of your brain and how to have an immediate impact without the use of prescription medication.

## Untreated Hearing Loss

Dr. Carol R. Runyan, AuD, Audiology Field Staff TN/VA will be at the Senior Center on **Thursday, October 17, 2013** in the Card Room at 12:30 pm. Topic of discussion will be “Untreated Hearing Loss”. This wellness seminar will discuss the effects of untreated hearing loss in seniors and how it can be perceived as Alzheimer’s disease due to the negative effects of hearing loss on communication. Dr. Runyan will also be doing free hearing test after the seminar for anyone interested, stop by the office and sign up for an appointment to have your hearing tested, walk-ins are welcome.

## Flu Vaccine Clinic

Moore’s Pharmacy will be offering a Flu Vaccine Clinic on **Monday, October 21, 2013** from 9:00 am to 11:00 am in the hallway Billiards Room side. Medicare and TNCARE will cover the influenza and Pneumonia vaccine this year at no charge to the patient.

Without any insurance the current retail prices of the vaccines are:

- **Influenza: \$20.00**
- **Pneumonia: \$90.00**

You must bring in your insurance card (Medicare, etc.) so that we may record the information and bill accordingly. Moore’s will also verify patient medical/immunization history, provide information on all vaccine types, give the patient an immunization card for his/her reference, and provide the immunization information to the clients primary care physician. Stop by the office to sign up, walk-ins are welcome.

## Fall Prevention

Courtney Hall, PT, PhD with VA Medical Center, Research Health Scientist and ETSU Associate Professor of Physical Therapy will be at the Center on **Tuesday, November 5, 2013**, in the Card Room from 10:00 am to 11:00 am. Topic of discussion will be “Fall Prevention”: Steps to Better Balance and Greater Independence. Courtney Hall has been a physical therapist for 23 years and is specialized in the treatment of dizziness and imbalance for the past 14 years. Dr. Hall’s research focuses on understanding age-related changes in balance and how best to intervene therapeutically to prevent loss of mobility and falls. She has studied various risk factors impacting mobility and falls including leg strength, vestibular (inner ear) function, and cognitive ability.

## Sugar Substitutes and Other Diet Foods

Lisa Gilreath, RD, LDN, CDE will be at the Center on **Thursday, November 7, 2013** at 12:30 pm in the Card Room. Topic of discussion will be “Sugar Substitutes and Other Diet Foods”: This seminar will discuss sugar substitutes, are they right for you and are they safe? Sugar-free, low-fat, low-carb, reduced sodium....what do all these terms mean? She will also discuss these questions and answer yours.

Daily Activities and Classes at the Center

Monday

SilverSneakers Classic~ 8:15 ~ Gym  
Tai-chi ~ 8:30 ~ Room 310  
Massage Therapy ~ 9:00-2:00 ~ Multipurpose Room ~ (appointment only)  
Quilting ~ 9:00 ~ Room 303  
Open Woodshop ~ 9:00  
High Impact Aerobics ~ 9:15 ~ Gym  
Camera Club ~ Go to [www.scphotogroup.com](http://www.scphotogroup.com)  
Happy Day Singers ~ 9:45  
Clay ~ Hand building ~ 10:00 ~ Ceramic Room  
Lap Swimming ~ 10:00-Noon ~ Aquatics Center  
Strength Training ~ 10:15 ~ Gym  
Knitting ~ 1:00 ~ Room 303  
Table Tennis ~ 1:00 ~ Gym  
Volleyball ~ 4:00 ~ Gym

Tuesday

Massage Therapy ~ 9:00-2:00 ~ Multipurpose Room ~ (appointment only)  
Zumba Fitness ~ 8:15 a.m.  
Mini Cardio ~ 8:45 ~ Room 302  
Ceramics ~ 9:00 ~ Ceramics/Clay Room  
Strength Training ~ 9:30 ~ Gym  
Basket weaving ~ 9:30-12:30 ~ Room 303  
Renaissance Strings ~ 10:00 ~ Atrium  
Lap Swimming ~ 10:00-Noon ~ Aquatics Center  
Sing Along ~ 10:15 ~ Cafeteria  
Exercise for Everybody ~ 10:30 ~ Gym  
Beginning Dulcimer ~ 11:00 ~ Atrium  
Laughter Yoga ~ 11:00 ~ Room 302  
Good Neighbors ~ 12:15 ~ Lounge  
Jam Session ~ 12:30 ~ Cafeteria  
Shuffleboard ~ 1:00 ~ Ceramics Hallway  
Pickleball ~ 1:00 ~ Gym  
Salsa ~ 1:30 ~ Room 302  
Basketball ~ 4:00 ~ Gym  
Ballroom Video Class ~ 4:30pm ~ Room 302

Wednesday

SilverSneakers Classic~ 8:15 ~ Gym  
Tai-chi ~ 8:30 ~ Room 310  
Open Woodshop ~ 9:00  
High Impact Aerobics ~ 9:15 ~ Gym  
Clay ~ Hand building ~ 10:00 ~ Ceramic Room  
Lap Swimming ~ 10:00-Noon ~ Aquatics Center  
Strength Training ~ 10:15 ~ Gym

Clogging ~ 11:15 ~ Room 302  
Hand and Foot Card Game ~ 12:30 ~ Card Room  
Table Tennis ~ 1:00 ~ Gym  
Belly Dancing ~ 1:00 ~ Room 302

Thursday

Zumba Fitness ~ 8:15 a.m.  
Mini Cardio ~ 8:45 ~ Room 302  
Ceramics ~ 9:00 ~ Ceramics/Clay Studio  
Woodcarving ~ 9:00 ~ Room 303  
Strength Training ~ 9:30 ~ Gym  
Beginning Clogging ~ 10:00 ~ Room 302  
Lap Swimming ~ 10:00-Noon ~ Aquatics Center  
Exercise for Everybody ~ 10:30 ~ Gym  
Beginning Belly Dancing ~ 11:30 ~ Room 302  
Good Neighbors ~ 12:15 ~ Lounge  
Jam Session ~ 12:30 ~ Cafeteria  
Volleyball ~ 1:00~ Gym  
Salsa ~ 1:30 ~ Room 302  
Pickleball ~ 4:00 ~ Gym

Friday

SilversSneakers Classic~ 8:15 ~ Gym  
Genealogy Group ~ 9:00 ~ Computer Lab  
Open Woodshop ~ 9:00  
High Impact Aerobics ~ 9:15 ~ Gym  
Lap Swimming ~ 10:00-Noon ~ Aquatics Center  
Strength Training ~ 10:15 ~ Gym  
Pickleball ~ 1:00 ~ Gym  
Bridge Group ~ 1:00 ~ Card Room  
Mahjong ~ 1:30 ~ Multipurpose Room

Saturday

Basketball ~ 9:00 ~ Gym  
Table Tennis ~ 10:30 ~ Gym

## TRAVEL AND SPECIAL EVENTS

### **Fall Soups**



Monday, October 14,  
2013

12:30pm

Lounge

Cost: \$2.00 per per-  
son

Chinese Soup/Pumpkin Soup

Recipe's from Tracy's Little Kitchen

**Sign up now!**

### **Thanksgiving Lunch**

Tuesday, November 19, 2013

11:30am-1:00pm

First Floor

Cost: Bring a side dish to share

Music by Harry and Jan Rose Hall



**Sign up begins October 1.**

### **Cake Decorating 101**

Wednesday, November 13, 2013

10:00am-12:00 Noon

Lounge

Cost: \$2.00 paid to instructor

Instructor: Jeanette Meador

Maximum of 15 participants

### **Supply List:**

Tips, Can be purchased at craft store

Flower Nail #9– Create Flowers

12" Decorating Bag for Icing (12 in)

Round Tip #3– writing, printing

Star Tip #16 and #21– Stars, shells

Rose #104– Rose, ruggles

Leaf Tip #67– leaves for flowers

Grass tip #233– Grass, Hay, Fur

Icing will be furnished with recipe to  
make your own.



**Sign up begins October 14.**

TRAVEL AND SPECIAL EVENTS

Fall Field Trip: Corn Maze, Pumpkin Patch and Hayride with Shopping at the Amish Store

Friday, October 18, 2013  
Bulls Gap, TN  
10:00am-5:00pm  
Cost: \$44.00 all inclusive

Picnic Lunch included

Go shopping for your autumn decorations and Amish store needs!

45 person Max

Sign up begins October 1.

Wolhfahrt Haus Presents: Holiday Spectacular Show

Thursday, November 14, 2013  
Wytheville, VA  
9:45am-7:00pm  
Cost: \$44.00 all inclusive

Enjoy a delicious Holiday feast before you are completely immersed in the Christmas season. Our Holiday Spectacular is packed with all the Christmas songs you know and love as well as dazzling dance numbers and beautiful costumes. This fun-filled Holiday production also features a breath-taking Nativity which is sure to put the whole family in the Christmas Spirit. Don't miss Virginia's favorite Christmas tradition.

Sign up begins October 2.

Shopping– West Hills Mall

Friday, November 15, 2013  
Knoxville, TN  
9:00am-6:00pm  
Cost: \$8.00/ Lunch on your own

Good chance to get your Christmas Shopping done!



Sign up begins October 11.

SWVA Fort Tour: Civil War Era

Friday, November 22, 2013  
Stickleyville, VA  
Natural Tunnel State Park  
9:30am-6:00pm  
Cost: \$8.00 plus bring \$8.00 tax day of trip

Going to: Cove Ridge Center– Natural Tunnel State Park, Carter's Fort, Anderson Block House, Kane Gap on the Wilderness Trail, Scott's Station, Stickleyville Cemetery.

22 spots available

Sign up begins October 11.

# Your Page

## Bob Ross Style Painting Class

Wednesday, October 16, 2013  
10:00am-2:00pm  
Room 303  
Cost: \$50.00 payable at sign-up

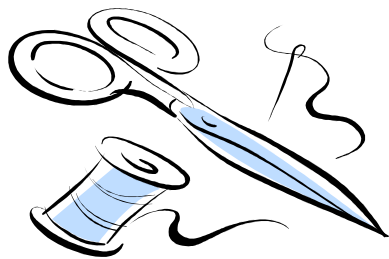
See picture in display case  
Bring your lunch!

Instructor: Jay Holdway

**Sign up began September 18.**

## Needle Tatting

Monday's beginning October 7, 2013  
  
1:00pm-3:00pm  
  
Card Room  
  
Cost: \$30.00 paid first class to instructor  
  
All materials will be furnished  
  
Instructor: Nina Gilchrist



**Sign up began September 9.**

## Massage Therapy

Tuesdays with Cheryl Merrican call 423– 791-4222  
and  
Mondays with Barbara Keescker  
call 423 - 735-7475  
30 minute massage  
Cost: \$15.00  
Call to schedule appointment

## Woodburning Class “Raven”

Friday, October 18, 2013  
9:00am-1:00pm  
Room 303  
Cost: \$45.00 paid to instructor  
Instructor: Michelle Howe  
See example in display case on billiards side hallway.  
Bring woodburning kit to class.  
**Sign up began September 18.**

## Basic Beginner Painting Class

Friday, October 11, 2013  
1:00pm-4:00pm  
Room 303  
Cost: \$20.00 paid to instructor first day of class.  
Instructor: Anne Thwaites  
Supply list available at sign up and picture in display case  
located on the billiard side hallway.  
This workshop will focus on a still life landscape painting. Students will be shown how to take a painting from beginning sketch to finished picture.  
Maximum of 10 people  
Sign up began September 25th

## Celebrate Life

Thursday, October 17, 2013  
Multipurpose Room  
4:30pm-5:30pm  
This is a support group who share life experiences

## NEWS TO USE

### **SHIP Medicare Events**

Tuesday, November 12, 2013 and  
Thursday, November 14, 2013

9:00am-Noon

Computer Lab

FREE

Call front office  
to make your appointment

### **“How to Escape a Fire”**

Tuesday, October 29, 2013

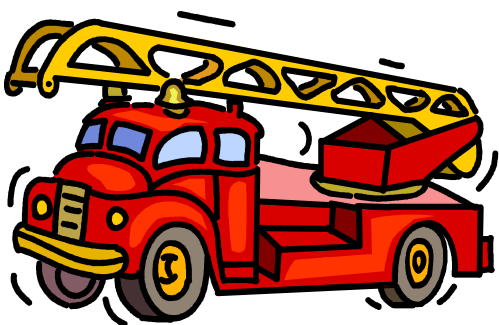
10:30am-11:30am

Card Room

FREE

Focusing on how to escape a fire when you are  
handicapped or have had joint replacement  
surgeries.

Speaker: Barry Brickey KFD



**Sign up begins October 1.**

### **A Tasty Treat from Marsha**

#### **Peanut Butter Oatmeal Cookies**

##### **Ingredients:**

1/2 cup butter, softened  
1/2 cup peanut butter  
1/2 cup white sugar  
1/2 cup brown sugar  
1 egg  
1 tsp. vanilla  
1/2 tsp baking soda  
1/2 tsp salt  
1/4 tsp baking powder  
3/4 cup flour  
1 cup oatmeal

I used Splenda for part of the sugar. This will cut the carbs a bit for diabetics. I was also out of plain flour, so I substituted self-rising flour. It worked ok, but I ended up using a little more oatmeal as the dough was very sticky. I also used chunky peanut butter for the cookies and cream center.

##### **Center:**

3 tbsp. butter, softened  
1/2 cup peanut butter  
1 cup powdered sugar  
3 tbsp. milk


Cream together butter, peanut butter, and sugars. Add egg and vanilla. Mix well.

Add baking soda, salt, baking powder, and flour. Stir. Fold in oatmeal. Drop by teaspoonfuls onto baking sheet. Flatten balls with a fork. At least 1 inch should be left between the cookies as they will spread as they bake.

Bake at 350° for 8-9 minutes or until edges are lightly brown. Let cool on cookie sheet for 1 min, then move cookies to a cooling rack.

In a small bowl, cream together remaining butter and peanut butter. Add powdered sugar and stir until no lumps remain. Add milk and stir until smooth.

Spread frosting between two cookies and make sandwiches.  
Yummy!!!

<p style="text-align: center;"><b><u>Computer Classes</u></b></p> <p style="text-align: center;"><b>Must sign up in advance of first class</b></p> <p><b>Basic Computer</b> Thursday, Sept. 12, 19, 26 and Oct. 3, 10, 17 1:00-3:30pm \$25.00</p> <p><b>Basic Internet</b> Tuesday, Oct. 8, 15, 22, 29 1:00-3:30pm \$25.00</p> <p><b>Microsoft Word</b> Monday, Oct. 21, 28, Nov. 4, 11 9:00-11:00am \$25.00</p> <p><b>e-Bay</b> Thursday, Oct.16 All day, 9:00-11:00am and 1:00-3:30pm \$10.00</p> <p>Please put your name on the list in the office if you are interested in these classes. They will be held when enough participants are on the list. <b>Computer lab is available for use unless a class is scheduled.</b></p>	<p style="text-align: center;"><b><u>Generations Online Internet Class</u></b></p> <p style="text-align: center;">Mondays, Wednesdays and Fridays 1:00pm - 5:00pm</p> <p>This is an opportunity to learn how to use the internet. You will learn the basics of the internet, the lingo, how to use a mouse, send an email, and how to use a search engine. This is a free class. Sessions are taught by a tutorial on the computer. "Peer Coach" - Shelia will be there to assist you. Contact Shelia in the computer room to make sure there is a computer available for you. Please call 392-8433.</p>
<p><b>Social Media</b> Saturday, October 12, 2013 9:30am-11:30am Instructor: Jamie Cyphers \$10.00 paid to instructor Focus of class will be Facebook, Twitter and Google + **Please bring your device (if you can) with you to class; laptop/ smartphone, etc.</p> <p><b>How to Clean Up Your Computer</b> Saturday, October 19, 2013 9:30am-11:30am Instructor: Jamie Cyphers \$10.00 paid to instructor Focus will be on cleaning your computer for faster processing. **Please bring your device to class if possible.</p> <p><b>Downloading/Uploading Photos and Music</b> Saturday, October 26, 2013 9:30am-11:30am Instructor: Jamie Cyphers \$10.00 paid to instructor **Please bring your device to class if possible.</p> <p style="text-align: center;"><b>Call front office to sign up</b></p>	<p style="text-align: center;"><b><u>Manicures</u></b></p> <p style="text-align: center;">Provided by DB Cosmetology students Tuesday, October 29, 2013 Appointments are 11:30 a.m.—1:30 p.m. 1 Hour appointments Cost: \$2.00, paid to manicurist Sign up in the senior center office</p> <hr/> <p style="text-align: center;"><b>KARAOKE</b></p> <div style="display: flex; align-items: center; justify-content: center;">  <div> <p style="text-align: center;"><b>Tuesday, October 15, 2013</b></p> </div> </div> <hr/> <p style="text-align: center;"><b>Genealogy Group</b></p> <p style="text-align: center;">9:00am Friday's Computer lab</p> <hr/> <p style="text-align: center;"><b>Library Book Day</b></p> <p style="text-align: center;">Thursday, October 17, 2013</p>

Fall Classes 2013		
<p><b>Aerobics</b></p> <ul style="list-style-type: none"> <li>Monday, Wednesday, Friday (ongoing)</li> <li>Time: 9:15am - 10:00am</li> <li>Location: Gym</li> <li>Instructor: Terri Farthing</li> <li>Lo-hi Impact Aerobics</li> </ul> <p><b>Ballroom Video Class</b></p> <ul style="list-style-type: none"> <li>Tuesday</li> <li>Time: 4:30pm - 6:30pm</li> <li>Room 302</li> </ul> <p>No instructor, practice to own</p> <p><b>Basic Woodworking</b></p> <ul style="list-style-type: none"> <li>Tuesday / Thursday</li> <li>Starts September 10th</li> <li>9:00 am— 11:00 am</li> <li>Location: Wood shop</li> <li>Instructor: Howard Osborne</li> <li>Fee: \$50.00</li> <li>Will create 3 — 4 wood projects in 6 weeks</li> <li>Materials needed will be determined 1st class meeting</li> <li>Sign up in senior center office</li> </ul> <p><b>Basket weaving</b></p> <ul style="list-style-type: none"> <li>Tuesday</li> <li>Time: 9:30am - 12:30pm</li> <li>Location: Room 303</li> <li>Instructor: Lynne Bowers</li> </ul> <p><b>Belly Dance for Beginners (Women Only)</b></p> <ul style="list-style-type: none"> <li>Thursday</li> <li>Time: 11:30am-12:30pm</li> <li>Location: Room 302</li> <li>Instructor: Angela Price</li> </ul> <p>Must have 8 for class to begin. Please sign up at office.</p>	<p><b>Belly Dancing - (Women Only)</b></p> <ul style="list-style-type: none"> <li>Wednesday</li> <li>Time: 1:00pm</li> <li>Location: Room 302</li> <li>Instructor: Angela Price</li> <li>Great for your abdominals</li> </ul> <p><b>Camera Club</b></p> <p>Please visit website for meeting times Instructor: Claude Kelly Website: <a href="http://www.scphotogroup.com">www.scphotogroup.com</a></p> <p><b>Ceramics</b></p> <ul style="list-style-type: none"> <li>Tuesday and Thursday</li> <li>Time: 9:00am - 11:30am</li> <li>Location: Ceramic/Clay Studio</li> <li>Instructor: Mary Lamson</li> <li><b>Please remember your annual \$10 firing fee</b></li> </ul> <p><b>Clay (Hand building)</b></p> <ul style="list-style-type: none"> <li>Monday</li> <li>Time: 10:00am-3:00pm</li> <li>Location: Ceramic Room</li> <li>Instructor: Aleta Chandler</li> <li>Fee: \$30.00, plus \$10.00 firing fee</li> </ul> <p><b>Clay (Intermediate Hand building)</b></p> <ul style="list-style-type: none"> <li>Wednesday</li> <li>Time: 10:00am-3:00pm</li> <li>Location: Ceramic Room</li> <li>Instructor: Aleta Chandler</li> <li>Fee: \$30.00, plus \$10.00 firing fee</li> </ul>	<p><b>Clogging - (Beginning)</b></p> <ul style="list-style-type: none"> <li>Thursday</li> <li>Time: 10:00am-11:30am</li> <li>Location: Room 302</li> <li>Instructor: Angela Price</li> <li>Must have 8 new beginners</li> <li>Sign up in office</li> </ul> <p><b>Clogging - (Intermediate)</b></p> <ul style="list-style-type: none"> <li>Wednesday</li> <li>Time: 11:15am</li> <li>Location: Room 302</li> <li>Instructor: Angela Price</li> </ul> <p><b>Dulcimer (Beginners)</b></p> <ul style="list-style-type: none"> <li>Tuesday</li> <li>Time: 11:00am</li> <li>Location: Atrium</li> <li>Instructor: Sharon McCurry</li> <li>Learn to play this beautiful Instrument</li> </ul> <p><b>Exercise for Everybody</b></p> <ul style="list-style-type: none"> <li>Tuesday &amp; Thursday</li> <li>Time: 10:30am</li> <li>Location: Gym</li> <li>Instructor: Kevin Lytle</li> </ul>

Fall Classes 2013		
<p><b>Good Neighbors</b></p> <ul style="list-style-type: none"> <li>• Tuesday and Thursday</li> <li>• Time: 12:15pm</li> <li>• Location: Lounge</li> <li>• Staff</li> <li>• Guest speakers, trips, bingo and fellowship</li> </ul> <p><b>Happy Day Singers</b></p> <ul style="list-style-type: none"> <li>• Monday</li> <li>• Time: 9:45am</li> <li>• Inspirational singing at nursing homes</li> </ul> <p><b>Jam Session</b></p> <ul style="list-style-type: none"> <li>• Tuesday &amp; Thursday</li> <li>• Time: 12:30 noon</li> <li>• Location: Cafeteria</li> </ul> <p><b>Karaoke</b></p> <ul style="list-style-type: none"> <li>• 3rd Tuesday each month</li> <li>• Time: 4:00pm</li> <li>• Location: Cafeteria</li> <li>• Bring a snack</li> </ul> <p><b>Knitting Class</b></p> <ul style="list-style-type: none"> <li>• Monday</li> <li>• Time: 1:00 - 3:00pm</li> <li>• Location: Room 303</li> <li>• Instructor: Barbara White</li> <li>• All skill levels</li> </ul> <p><b>Lap Swimming</b></p> <ul style="list-style-type: none"> <li>• M-F</li> <li>• Time: 10:00am-Noon</li> <li>• Location: Aquatics Center</li> <li>• No instructor, lap swimming</li> <li>• Locker room and warm water pool available for use.</li> </ul> <p><b>Mahjong</b></p> <ul style="list-style-type: none"> <li>• Friday</li> <li>• Time: 1:30pm</li> <li>• Location: Multipurpose Room</li> <li>• Instructor: Jean Change</li> <li>• Beginners to Advanced players</li> </ul>	<p><b>Mini Cardio Exercise Class</b></p> <ul style="list-style-type: none"> <li>• Tuesday &amp; Thursday</li> <li>• Time: 8:45am - 9:15am</li> <li>• Room: 302</li> <li>• Instructor: Roger Hixson</li> </ul> <p><b>Quilting</b></p> <ul style="list-style-type: none"> <li>• Monday</li> <li>• Time: 9:00am - 10:30am</li> <li>• Location: Room 303</li> <li>• Instructor: John Plutchak</li> </ul> <p><b>Renaissance Strings</b></p> <ul style="list-style-type: none"> <li>• Tuesday</li> <li>• Time: 10:00am - 11:00am</li> <li>• Location: Atrium</li> <li>• Instructors: Lucile Hincke and Jan Fenelon</li> </ul> <p><b>SilverSneakers Classic</b></p> <ul style="list-style-type: none"> <li>• Monday, Wednesday &amp; Friday (ongoing)</li> <li>• Time: 8:15am - 9:00am</li> <li>• Location: Gym</li> <li>• Low Impact Aerobics</li> <li>• Instructor: Terri Bowling</li> </ul> <p><b>Strength Training</b></p> <ul style="list-style-type: none"> <li>• Monday, Wednesday &amp; Friday</li> <li>• Time: 10:15am - 11:00am</li> <li>• Location: Gym</li> <li>• Instructor: Terri Farthing</li> </ul>	<p><b>Strength Training</b></p> <ul style="list-style-type: none"> <li>• Tuesday, Thursday</li> <li>• Time 9:30am - 10:30am</li> <li>• Location: Gym</li> <li>• Instructor: Kevin Lytle</li> </ul> <p><b>Tai-Chi</b></p> <ul style="list-style-type: none"> <li>• Monday &amp; Wednesday</li> <li>• Time: 8:30am</li> <li>• Location: Senior center, Room 310</li> <li>• Instructor: Hang Lei</li> </ul> <p><b>Woodcarving</b></p> <ul style="list-style-type: none"> <li>• Thursdays</li> <li>• Time: 9:00am - 12:00 noon</li> <li>• Location: Room 303</li> <li>• Beginners welcome</li> </ul> <p><b>Woodshop</b></p> <ul style="list-style-type: none"> <li>• Monday, Wednesday, Friday</li> <li>• Time: 9:00am-2:00pm</li> <li>• Location: Woodshop</li> <li>• Volunteer Instructors</li> <li>• Complete woodshop. Safety test required.</li> </ul> <p><b>Zumba</b></p> <ul style="list-style-type: none"> <li>• Tuesday and Thursday</li> <li>• Time: 8:15am</li> <li>• Location: Gym</li> <li>• Instructor: Terri Bowling</li> </ul>

# Fall 2013 BRANCH SITE SCHEDULE

**Core Conditioning**

- Tuesday and Thursday
- Time: 10:00am
- Location: Lynn View Branch Site
- Instructor: Chris Hicks
- Great for all ages
- Gain core strength

**Beginning Crochet**

- Tuesday, Beginning Oct. 22
- 6 week class
- 12:30-1:30
- Instructor: Susan Egan
- \$25.00
- Must be right handed

**Beginning Drawing**

- Wednesday
- Time: 10:00am - 12:00 noon
- Location: Lynn View Branch Site
- Instructor: Jo Anne McDonough
- Basic drawing class

**Advanced Drawing**

- Wednesday
- Time: 9:00am –11:00am
- Location: Lynn View Branch Site
- Instructor: Jo Anne McDonough
- Must have taken the beginning class or have permission of the instructor

**Line Dance - Beginning**

- Monday
- Time: 11:30am - 12:30pm
- Location: Boys/Girls Club
- Instructor: Lyna Faye McConnell

**Line Dance - Intermediate**

- Monday
- Time: 12:45pm –1:45pm
- Location: Boys/Girls Club
- Instructor: Lyna Faye McConnell
- Faster-paced, less instruction for advanced dancers.

**Advanced Yoga**

- Tuesday and Thursday
- Time: 11:00am - 11:30am
- Location: First Broad Street UMC Rec. Room
- Instructor: Tish Kashdan

**Private Personal Training with Chris**

- Call for appointment ~ 723-9967
- Call for prices
- Instructor: Chris Hicks

**Artist and Crafters Monthly Breakfast**

- Tuesday, September 10
- 9:30am
- Lynn View Branch Site
- Please call for reservation 765-9047

**Strength Training**

- Tuesday and Thursday
- Time: 9:00am
- Location: Lynn View Branch Site
- Instructor: Chris Hicks

**Yoga**

- Tuesday and Thursday
- Time: 11:30am - 12:30pm
- Location: First Broad Street UMC
- Instructor: Tish Kashdan

**Zumba Fitness**

- Tuesday 10:45am
- Location: Lynn View Branch Site
- Instructor: BJ Goliday
- Minimum of 8 students required

**SilverSneakers Muscular Strength and Range of Movement**

- Monday and Wednesday
- Time: 10:00am
- Location: Lynn View Branch Site
- Instructor: Chris Hicks

**Piloxing**

- Tuesday and Thursday
- Time: 9:30am
- Location: Colonial Heights Baptist Church
- Instructor: Terri Bowling
- This class is a combination Pilates and kick boxing and is an intense workout.

**Total Body Workout**

- Monday and Wednesday
- Time: 9:30am
- Location: VO Dobbins Community Center Gym #2

**Game Day**

- 3rd Tuesday of Month
- Time: 12:00 noon
- Lynn View Cafeteria
- Group Leader: TBA
- Sequence and variety of board games

**Pickleball**

- Monday, Wednesday & Friday
- Time: 1:00pm - 3:00pm
- Lynn View Branch Site

**Ageless Grace**

- 6 week class
- Wednesday
- Time: 11:30am
- Location: Colonial Heights Baptist Church
- Instructor: TBA

**Indoor Walking**

- Monday - Friday
- Time: 9:00am - 12:00 noon
- Location: Colonial Heights Baptist Church walking track
- There will be a roster in the gym office at the church. Please sign the roster as with any other class.

**Artists Wanted**

The Kingsport Senior Artisan Center is looking for a few new original artists to display and sell their work in our Artisan Center. Unique, original, hand made items will be considered. Please call for information. Cindy at 423 392-8402 or Diane at 423 765 9047.

Visit our website  
[www.kingsportseniorartisancenter.com](http://www.kingsportseniorartisancenter.com)  
And like us on Face book

<div data-bbox="108 475 677 615">  <p><b>Kingsport</b> <b>Adult Education</b></p> </div> <p>Kingsport Adult Education classes are administered by The Kingsport Senior Center. For more information or to sign up for a class, please Call 423-392-8400. All classes are subject to cancellation if enrollment does not meet minimum numbers. Minimum number varies by class. Fees will be returned on 1st night of class if cancelled.</p> <p><b>JOB SKILLS</b></p> <div data-bbox="124 1174 514 1442">  </div> <p><b><u>21ST CENTURY JOB SEEKING *NEW</u></b></p> <ul style="list-style-type: none"> <li>• 8 weeks</li> <li>• Fee \$100</li> <li>• Instructor: Jamie Cyphers</li> <li>• Wednesday 6:00pm - 8:00pm</li> <li>• Location: Computer Lab, Senior Center</li> <li>• Will cover, computer basics, job search skills, resumes, cover letters, common requirements and the interview</li> </ul> <p><b><u>2008 National Electric Code (Commercial) Begins 9/23/13</u></b></p> <ul style="list-style-type: none"> <li>• 8 Weeks</li> <li>• Fee: \$70</li> <li>• Monday 6:00pm - 8:00pm</li> <li>• Instructor: Chris Ferrell, Electrical Inspector</li> <li>• Location: Renaissance Center Cafeteria</li> </ul> <p><b><u>2008 National Electric Code (Residential) Begins 1/13/14</u></b></p> <ul style="list-style-type: none"> <li>• 8 Weeks</li> <li>• Fee \$70</li> <li>• Monday 6:00pm-8:00pm</li> <li>• Instructor: Chris Ferrell, Electrical Inspector</li> <li>• Location: Renaissance Center Cafeteria</li> </ul>	<p><b><u>Beginning Heating Ventilation and Air Conditioning Certification Preparation</u></b></p> <ul style="list-style-type: none"> <li>• Part I</li> <li>• 10 Weeks</li> <li>• Fee: \$165</li> <li>• Tuesday 6:00pm - 9:00pm</li> <li>• Instructor: Jim Dotson</li> <li>• Location: Multipurpose Room, Renaissance Center</li> </ul> <p>There will be one more 10 week session following this class. Upon completion of all three sessions you will be prepared to take your certification test. Must have a minimum of 5 students. Must pre-register.</p> <p><b><u>CULTURAL/ARTS/CRAFTS</u></b></p> <p><b><u>Card Making Workshop</u></b></p> <ul style="list-style-type: none"> <li>• Instructor: TBA</li> <li>• Fee: \$10/includes materials</li> <li>• Location: Lynn View Community Center</li> </ul> <p>You will make five cards and take materials home to make five additional cards.</p> <p><b><u>HEALTH/EXERCISE</u></b></p> <p><b><u>Beginning/Intermediate Golf Clinic</u></b></p> <p>Date: August 19-23 Time: 5:30 p.m. - 7:30 p.m. daily Fee: \$60 Location: Warriors Path Golf Course Instructor: Dane Voss</p> <p>If you are a beginner or have played for a while and need to fine tune your game, this clinic is for you. It will cover all aspects of the golf game including grip, stance, full swing, and short game. The instructor just finished a summer internship at the famous IMG/David Leadbetter Academy. Get your game ready for fall!</p> <p><b><u>Personal Training with Chris</u></b></p> <ul style="list-style-type: none"> <li>• Instructor: Chris Hicks</li> <li>• Available by the hour or as package</li> <li>• Contact Chris (423-741-5643)</li> </ul> <p><b><u>Zumba Fitness</u></b></p> <ul style="list-style-type: none"> <li>• 6 weeks (Begins September 12)</li> <li>• \$25 fee per session</li> <li>• Thursday, 5:15pm</li> <li>• Instructor: Becky Mills</li> <li>• Location: Lynn View Community Center, Cafeteria</li> </ul>	<p><b><u>Piloxing</u></b></p> <ul style="list-style-type: none"> <li>• Tuesday, 6:00pm (Begins Sept 12)</li> <li>• Instructor: Becky Mills</li> <li>• Limited to 15 participants</li> <li>• \$30.00 payable first night of class</li> </ul> <p><b><u>DANCE CLASSES</u></b></p> <div data-bbox="1332 773 1709 1196">  </div> <p><b><u>Beginning Line Dance</u></b></p> <ul style="list-style-type: none"> <li>• 8 weeks class (Begins Sept 12)</li> <li>• Fee: \$25</li> <li>• Instructor: Lyna Faye McConnell</li> <li>• Thursday, 6:30pm - 8:00pm</li> <li>• Location: Lynn View Community Center</li> </ul> <p><b><u>Couples Dance</u></b></p> <ul style="list-style-type: none"> <li>• 8 weeks class (Begins Sept 11)</li> <li>• Dates same as Line Dance</li> <li>• Fee: \$25 or free if you take Line Dance class</li> <li>• Instructor: Lyna Faye McConnell</li> <li>• Wednesday, 6:30pm - 8:00pm</li> <li>• Location: Lynn View Community Center</li> </ul> <p><b><u>Salsa Dance</u></b></p> <ul style="list-style-type: none"> <li>• 4 weeks class (Begins 9/10/13)</li> <li>• Fee: \$10 each class</li> <li>• Tuesday and Thursday</li> <li>• Time: 1:30pm</li> <li>• Room 302, Renaissance Center</li> <li>• Instructor: BJ Goliday</li> </ul> <p>* Call for starting dates where not listed.</p>
--	---	---

# Branson Mizz Trip

Branson, Missouri 6 Day/5 Night Package

**(June 15-20, 2014)**

\$699.00 Per Person-Double Occupancy

Chartered Bus Trip includes

5 Nights Hotel Accommodations, 5 Breakfasts and 3 Great Dinners, 2 Hotel Receptions  
with Food and Beverages

5 Fabulous Branson Shows such as the Magnificent Seven, The Pierce Arrow Show, The  
Showboat Branson Belle (with a lovely lake cruise), Buck Trent and more....

Time for Shopping at Branson's Outlet and Specialty Malls, Including the Yankee Candle  
Store & Kringle's –Missouri's largest Christmas shop

Standard Taxes, Meal Gratuities, and Baggage Handling INCLUDED ~

Travel Protection is available at sign up

Call 392-8405, or 392-8403 for information, or email [marlanawilliams@kingsporttn.gov](mailto:marlanawilliams@kingsporttn.gov).

**Olde Southern Holiday Trip ~**  
**3 Day/2 Night Chartered Bus Trip (Dec 18-20, 2013)**

\$344.00 Per Person-Double Occupancy

Includes Hotel, 2 Breakfasts and Evening Reception at your Hotel

1 Dinner with a Fabulous Broadway Style Show

Visit to the Historic Town of Old Salem, the unique Moravian settlement of early American history.

Visit the Billy Graham Library and have a guided tour of Charlotte  
Standard Taxes, Meal Gratuities, and Baggage Handling INCLUDED

Travel Protection is available at sign up

Call 392-8405, or 392-8403 for information, or

email [marlanawilliams@kingsporttn.gov](mailto:marlanawilliams@kingsporttn.gov).

---

**Biltmore Holiday Trip w/ National Gingerbread**  
**House**  
**Competition**  
**Nov. 21– 22, 2013**

\$344.00 Per Person– Double Occupancy

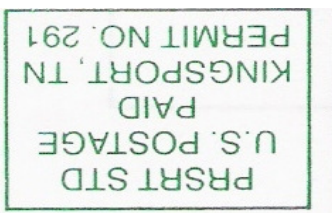
Includes Hotel, Breakfast, Holiday Dinner at Biltmore Estate, Holiday Lunch at Grove Park Inn, Self-Guided Candlelight Tour of The Biltmore House, Wine Tasting at the Biltmore Winery, Admission to Biltmore Estate and Gardens

Standard Taxes, Meal Gratuities and Baggage Handling INCLUDED.

Travel protection is available at sign up

Call 392-8405, or 392-8403 for information or

email [marlanawilliams@kingsporttn.gov](mailto:marlanawilliams@kingsporttn.gov)



**Kingsport Senior Center  
1200 E. Center Street  
Kingsport, TN. 37660  
Phone: 423-392-8400**

# Halloween Party

**October 31, 2013**

**1:30pm-2:30pm**

**Cafeteria**

**FREE**

**Wear your best costume  
for the costume contest!**

**Refreshments will be  
served!!!**

**Sign up Now!!**

